



Alternative Lesson Plan for Large Group

Alcohol: Your Brain and Alcohol

Implementing the Lesson

The lesson plan on the back of the page is based upon the [*Scholastic Reach Out Now: Talk to Your Fifth Graders About Underage Alcohol Use, Teacher Pages*](#). The outline for the lesson plan suggests activities for the lesson, the amount of time each activity could take, and the materials you will need in order to conduct each activity.

This lesson is designed for a large group of students in an auditorium or lunchroom. School personnel should be available to assist and maintain order.

Main Idea

Alcohol is a substance that can be damaging to the growing bodies of young people. It has many negative effects on drinkers but its effects on the developing brain and body of a person under 21 are especially harmful.

Goals of the Lesson

At the end of the lesson, students will be able to

- Describe some of the effects of alcohol on the brain

| Lesson Segment | Time Required | Activities | Materials Needed |
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| Introduction | 5 minutes | Ask students to complete exercise "Check Your Alcohol IQ" on the handout and save for further discussion. | Copy of Understanding the Effects of Alcohol reproducible 1 from Teacher Pages of Scholastic Reach Out Now for each student |
| Brain anatomy worksheet | 5 minutes | Distribute brain worksheets as students arrive in auditorium or have the worksheets on the chairs. Lead mini-lecture on areas of the brain and their purposes. | <u>Worksheet of brain areas with blanks for filling in information</u> <u>Talking points for leaders.</u> |
| Presenting Facts and Leading Discussion | 10 minutes | Lead mini-lecture and discussion to cover important concepts and bring out factual information. Present PowerPoint slides or large posters showing brain effects of alcohol. | <u>Talking points for leaders</u> Computer, screen or easel for large charts |
| Exploring | 5 minutes | Ask students to shade areas of the brain affected by alcohol or other drugs. Ask students to list negative effects of alcohol on their brains. | Paper and pencils for each team |
| Summary | 5 minutes | Summarize main points of lesson. | <u>Talking points for leaders</u> |